

Registration

Name _____

Address _____

City State Zip _____

Phone _____ Birthdate _____

Please check one of the following:

- ☐ ZHN-600-FD28 - Free for Family
Caregivers & Senior Citizens
- ☐ ZHN-600-FD27 \$5.00 for CE Credit fee
Profession _____
License # _____

Pre-Registration deadline:
June 24, 2016

To register by phone or mail:

- Call Iowa Central Community College at 800-362-2793 ext. 1322 or 515-574-1322
- Mail this form and payment to:
Health Science Department
Iowa Central Community College
One Triton Circle
Fort Dodge, IA 50501

Checks payable to: ICC

Class size is limited and pre-registration is required. Pre-payment is required for professionals seeking CE credit. Phone registration requires a credit card payment. You must attend the entire program to receive CE credit

For more information contact:
Elderbridge Agency on Aging
800.243.0678

CONFERENCE SPONSORS



**IOWA CENTRAL
COMMUNITY COLLEGE**



Share Our Faith...Secure Our Future

**2016 Family
Caregivers' Conference
Wednesday, June 29, 2016
11:00 a.m. to 4:00 p.m.**

*"Finding Hope
and Humor in
Caregiving"*

**Presented by Elaine K Sanchez,
Speaker, & Co-Founder of
CaregiverHelp.com**

**Author of *Letters from Madelyn*
*Chronicles of a Caregiver***

**Iowa Central Community College
Bio Health Science Building
One Triton Circle
Fort Dodge, IA 50501**

CONFERENCE PRESENTER

Elaine K Sanchez

Elaine K Sanchez, author of the unflinchingly honest and uproariously funny book, *Letters from Madelyn, Chronicles of a Caregiver* will share stories that touch the heart and tickle the funny bone, and you will discover that it is possible to experience mental and spiritual growth even in the very worst end-of-life situations.



This conference is intended for:

- Spouses, adult children, or anyone who is taking care of a family member or friend
- Nurses, social workers, home health aides, certified nursing assistants and nursing home administrators

Expected Outcomes for Participants

Elaine will present strategies for coping with the emotional stress of caregiving that will help you:

- Cope with Caregiver Anger and Guilt
- Deal with Caregiver Depression and Grief
- Develop a Plan for Self-Care

Registration Fees

- Free for family/ professional caregivers
- \$5.00 recording fee for CEUs
- Includes workbook and light lunch

Conference Objectives:

- Identify the types of events and feelings that lead to caregiver anger and guilt
- Describe techniques to help caregivers ease feelings of anger and guilt in caregivers
- Gain skills to help caregivers cope with and overcome depression
- Identify ways to help caregivers cope with grief after someone dies

Continuing Education Credit:

Nurses: 4.8 contact hours

Other Professionals: Certificates of attendance reflecting 4.8 contact hours will be provided for:

- Nursing Home Administrators
- Social Workers
- Home Health Aides
- Certified Nursing Assistants

Pre-registration deadline: June 24, 2016